

Arlington Youth Health and Safety Coalition presents:

Arlington Youth Resource Guide (2015-16)



This resource guide informs youth and families in the Arlington community of the social, emotional and mental health resources in Town.

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1. Social Services

Alateen

In Alateen meetings, young people share their own experiences—everyone in the meeting has been affected by someone else’s drinking. Alateens share their feelings, encourage each other, and share how the Alateen program has helped them. The adults in the meetings are the Alateen Group Sponsors, who help the teens to stay focused on the Alateen program.

Phone: 508-366-0556

Website: www.al-anon.org/alateen-for-teens

Arlington Police Department

The Arlington Police Department provides wellness checks for its residents. People concerned with the well-being of an Arlington resident, should call the non-emergency police number.

Contact: Arlington Police

Location: 112 Mystic St, Arlington, MA

Phone: for non-emergencies: 781-643-1212, OR for emergencies dial: 911

Website: www.arlingtonma.gov/police

ASAP - Adolescent Substance Abuse Program

The Adolescent Substance Abuse Program (ASAP) at Boston Children’s Hospital provides national leadership in the identification, diagnosis and treatment of substance use problems and disorders in children and adolescents. ASAP is part of the Division of Developmental Medicine, and is staffed by developmental-behavioral trained pediatricians, licensed independent social workers and psychiatrists.

Contact: Julie Lundstead

Location: Boston Children’s Hospital

Phone: 617-355-2727

Website: www.childrenshospital.org/ASAP

Cambridge Eating Disorder Center (CEDC)

CEDC provides high quality, specialized services in a community setting to individuals suffering from eating disorders. The CEDC philosophy is eating disorders are multi-dimensional problems caused by a combination of factors. As a result, the treatment programs focus not only on reducing the eating disorder symptoms but also on understanding their development and function. CEDC aims to promote the development of a healthy self that includes emotional and physical well-being.

Location: 3 Bow Street, Cambridge, MA 02138

Phone: (617)-547-2255

Website: www.eatingdisordercenter.org

McLean Anxiety Mastery Program (MAMP)

The McLean Anxiety Mastery Program is a group-based treatment program for children and adolescents with anxiety disorders. Examples of the kinds of anxiety disorders treated include social anxiety, specific phobias, panic attacks, separation anxiety, and obsessions and compulsions.

Contact: Wajeeha Shams

Location: 799 Concord Avenue, Cambridge, MA 02138

Email: WSHAMS001@PARTNERS.ORG

Phone: 617-674-5301

Website: www.mcleanhospital.org/programs/mclean-anxiety-mastery-program

Resilient Youth (Benson-Henry Institute)

The Resilient Youth programs bring over 25 years experience of developing, refining and administering the most effective methods for stress reduction to young people ages. Programs are appropriate for young people experiencing varying levels of health and wellness. Whether the youth is worried but well, or suffering from significant health conditions that are caused or made worse by stress, the Resilient Youth programs can significantly improve health and quality of life.

Contact: Marilyn Wilcher

Email: mwilcher@partners.org

Phone: 617-643-6035

Website: <https://www.bensonhenryinstitute.org/resilient-kids-program>

The Children's Room

The Children's Room teen programming is designed to meet the unique developmental needs of adolescents ages 13-18 years old. Through a combination of group-based activities, social outings, and workshops, teens who have lost a parent or sibling have the opportunity to connect with each other in a safe and comfortable setting.

Location: 819 Massachusetts Ave. Arlington, MA

Phone: 781-641-4741

Website: www.childrensroom.org

Wicked Sober

Wicked Sober was created to help those struggling with drug and alcohol dependency by assisting in the process of achieving recovery. Wicked Sober gives free consultations for families of loved ones, friends of the addict or alcoholic, and the addict or alcoholic themselves.

Contact: Mike Duggan

Phone: 855-953-7627

Website: www.wickedsober.com

2. Counseling

Arlington Youth Counseling Center

AYCC is a town agency providing counseling services to children, adolescents, and families from ages 3-21. These services include individual, family, and group counseling addressing a variety of concerns. The fees usually covered by insurance or out-of-pocket fees. Most of the services are provided within the agency, though they also provide some limited services within the schools.

Location: *Whittemore Robbins House, 670R Massachusetts Ave. Arlington

Contact: Colleen Leger, Executive Director or Linda Suzuki, Clinical Director

Phone: 781-316-3255 (main number)

**The WRH is the yellow house behind the Robbins Library.*

3. Community Service

Arlington Food Pantry

The Arlington Food Pantry provides unprepared food directly to those in need who may have a place to live, but not enough to eat. The Arlington Food Pantry operates from two locations in Arlington. Volunteers are needed at both the 21 Marathon St. and 117 Broadway St. locations. Volunteers assist with organizing and stocking of food, distribution, home delivery, etc. Please visit the website to sign-up.

Website: <http://www.arlingtonma.gov/food-pantry>

GiveBackTime

GiveBackTime is a public charity whose goal is to connect local non-profit organizations with local volunteers. For non-profits, the site provides a software toolkit for event management, volunteer tracking, and data gathering. GiveBackTime provides a hub of volunteer opportunities tailored specifically to volunteer interests and geographic area. Volunteer time served will be verified and organized so volunteers can directly see the impact they make in their community.

Contact: Jared Blake, CEO

Email: jared@givebacktime.org

Phone: 781-859-5677

Website: www.givebacktime.org

Teen Life

TeenLife provides a web directory of STEM, gap year, pre-college, overnight summer and community service programs for students in grades 7-12. The print and online content helps teens, parents, and educators make strong enrichment-program decisions.

Website: www.teenlife.com

4. Summer Programs

Arlington Center for the Arts

ACA is a vibrant community arts center and a cornerstone for the creative community in Arlington. ACA offers opportunities for people of all ages to discover and express their own creativity and to appreciate the creativity of others through a dynamic mix of classes, workshops, exhibits, performances and special events. They offer classes for kids up till 10th grade, but hire high school students in the Summer.

Location: 41 Foster St, Arlington, MA 02474

Phone: (781) 648-6220

Website: www.acarts.org

Health Recreation Cops (HRC) Summer Experience

Three-day summer camp experience sponsored by the Arlington Youth Health & Safety Coalition, Arlington Recreation, and the Arlington Police Department. Activities are for children grades 1-6 and includes crafts, sports and games, public safety awareness, public health and fitness. The program typically runs the last week of June.

Contact: Ivy Laplante

Phone: 781-316-3179

Email: ilaplante@town.arlington.ma.us

5. After School Activities

Arlington After School Program

The Arlington After School Program (AASP) offers middle school youth a safe, fun and structured program after school. AASP offers high school youth the chance to gain community service hours, resume experience and training for how to be a good tutor.

Contact: Haley Kulow, Site Coordinator or Todd Morse, Program Coordinator

Location: Ottoson Middle School, 63 Acton St, Arlington, MA 02476

Email: AASPOttoson@arlington.k12.ma.us

Phone: 781-488-8745

**AASP runs after the last school bell until 6:30pm. AASP at Hardy and Thompson runs after the last school bell until 6pm, with tutoring only from 4-5pm.*

Arlington Boys and Girls Club

The Arlington Boys & Girls Club serves over 6,000 children from Arlington and nearby communities. The Club offers youth a fun, safe, supportive place for children to learn and grow; to have ongoing relationships with caring adults; and to take part in life enhancing programs. They offer a wide variety of programs that foster academic success, healthy lifestyles and character and leadership development. ABGC kids come to learn, compete and grow in a safe out-of-school setting. Some programs include: Power Hour (Homework), Open Gym, Membership (6-17), Basketball League, Weight Room, Swim Lessons.

Location: 60 Pond Ln, Arlington, MA 02474

Phone: (781) 648-1617

Website: www.abgclub.org

Arlington Recreation Center

Arlington Recreation is a self-sustaining department of the Town, and offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Please visit the website for more information on recreation programming and summer employment opportunities.

Contact: Erin Campbell, Recreation Supervisor

Location: 422 Summer St., Arlington, MA

Phone: 781-316-3880

Website: www.arlingtonrec.com

Fidelity House

Fidelity House is dedicated to meeting the needs of the Arlington community by providing programs for all ages. Their youth resources are the Turkey Tune Up.

Location: 25 Medford St, Arlington, MA 02474

Phone: (781) 648-1617

Website: www.fidelityhouse.org

Robbins Library (Teen)

The Robbins Library has an exclusive teen section where teens can read and study. They have special events such as the LGBTQA, Drop Night's, Book Group, Food Friday, and Teen Writers. They are open from 9am-9pm Mon-Wed, 1pm-9pm Thurs, and 9am-5pm Fri (weekend hours varies throughout the year).

Contact: Aimee

Location: 700 Massachusetts Avenue Arlington, MA 02476

Phone: 781-316-3204

Website: <http://robbinslibraryteen.blogspot.com/>

6. Youth Groups

First Parish Unitarian Universalist of Arlington Youth Group

The Youth Group focuses on community building, leadership development, worship and spirituality, social action, identity formation, and individual and group exploration. Programming empowers youth to be active, vibrant, essential members of the First Parish congregation and the community at large. Youth Group is youth-led with the support of the Youth Program staff and a team of trained volunteer adult advisors. If interested, please contact the youth advisor and then attend a Newcomer Orientation.

Contact: Steve Carmody, Youth Program Coordinator

Location: 630 Massachusetts Avenue, Arlington Massachusetts 02476

Email: youthadvisor@firstparish.info

Website: www.firstparish.info/index.php/education/youth-programs

**Regular meetings are on most Sundays from 6:45 to 8:45 PM*

Grace Chapel, High School Student Ministry

The high school ministry has two main programs that meet on a weekly basis on Sunday mornings and Wednesday nights. In addition to these weekly programs, throughout the year there are a number of opportunities for students to connect and grow through small group specials, retreats, service opportunities, mission trips, special events, and our student leadership team. You can find out more about these in the calendar or email the team coordinator, Angela Rogers.

Contacts: Leah Knight, HS Pastor, lknight@grace.org,

Angela Rogers, Ministry Team Coordinator, arogers@grace.org

Phone: (Leah) 781-862-8351 x116, (Angela) 781-862-8351 x131

Location: 59 Worthen Rd, Lexington, MA 02421

Website: www.grace.org/students

**Program runs Sunday mornings 9:15-10:30a, and Wednesday nights 6:30-8:30p*

Highrock, High School Ministry

The high school ministry enjoys fun, fast-paced games, great food and space to just hang out. Each week also offers relevant teaching on issues high schoolers wrestle with followed by space to connect with other teens and adults who can help discuss these issues on a personal level.

Contact: Brian Dietz

Phone: 781-454-8973

Location: 731 Mass. Ave., Arlington, MA

Email: brian@highrock.org

Website: www.highrock.org/ministries/lifestage-ministries/youth-ministry/

**High School Youth Group meets on Sundays from 5:00pm - 7:00pm.*

Highrock, Middle School Ministry

The middle school ministry enjoys ping-pong, foursquare, monthly gym nights, tons of great games and awesome snacks. Each student is assigned a small group with other students in their grade and gender to talk about issues they are facing in middle school and consider how God might offer wisdom and truth to help them.

Contact: Brian Dietz

Phone: 781-454-8973

Location: 735 Mass. Ave, Arlington, MA

Email: brian@highrock.org

Website: www.highrock.org/ministries/lifestage-ministries/youth-ministry/

**Middle School Youth Group meets on Fridays from 6:30pm - 9:00pm*

Mystic LGBTQ+ Youth Support Network (Queer Mystic)

Queer Mystic runs a chaperoned Drop In Night for LGBTQ+ youth every Friday from 6-9 at the Arlington Center for the Arts. Drop-In Nights alternate between evenings when youth hang out and have unstructured free time, and evenings when programming is provided, such as theater games, talks/discussions of queer history, sex ed, etc.

Contact: Anna Watson

Email: queermystic@gmail.com

Phone: 781-641-1398

Website: www.queermystic.org

Saint Eulalia's Parish Youth Ministry

Located in Winchester, MA, the St. Eulalia Parish offers local, youth events, and abroad service opportunities.

Contact: Jared Blake

Email: jaredmarshallblake@gmail.com

Phone: 781-729-8220 x15

Website: www.steulaliaym.wix.com/sainteulaliaym

7. Tip Lines

Boston Area Rape Center

Sexual violence disrupts the lives of victims and those who care about them. The Boston Area Rape Crisis Center (BARCC) is committed to giving survivors and their families and friends the resources they need to reclaim their lives and begin healing, to raising awareness of the issues survivors face, and to ending sexual violence through healing and social change. If you have or someone you care about has experienced sexual violence, you are not alone. You may have many questions but are unsure where to find answers. BARCC is here to help.

Call the 24-hour hotline 800-841-8371

Cyber Tipline

The CyberTipline® receives leads and tips regarding suspected crimes of sexual exploitation committed against children. More than 4.3 million reports of suspected child sexual exploitation have been made to the CyberTipline between 1998 and April 2015. If you have information regarding possible child sexual exploitation, report it to the CyberTipline.

Call 800-273-8255 or text ANSWER to 839863

National Suicide Prevention Line

No matter what problems you are dealing with, they want to help you find a reason to keep living. By calling **1-800-273-TALK (8255)** you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Samaritans

This service is offered to people living in communities throughout the Commonwealth of Massachusetts. Each year, more than 100,000 individuals from all walks of life, turn to Samaritans in search of unconditional and non-judgmental support. The calls received each day are fielded by carefully trained volunteers. Samaritan volunteers offer callers acceptance and respect in a comforting and understanding manner. In addition to supporting depressed, lonely and suicidal callers, this program also supports those calling with concerns for others.

**Call 24/7 at 1-877-870-HOPE (4673) or
Text from 3PM – 11PM 877-870-HOPE(4673).**
www.samaritanshope.org/get-help

Samariteens Helpline: Call 1-800-525-TEEN (8336)
3 PM -9 PM weekdays/9 AM - 9 PM weekends

SAMHSA's National Helpline

SAMHSA's National Helpline (Substance Abuse and Mental Health Services Administration) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Call 1-800-662-HELP (4357)

Crisis Hotline

Crisis Call Center is a 24-hour crisis line often serves as the first point of contact for individuals who are seeking help, support, and information. Crisis can affect anyone at any time. The need for emotional support or referral assistance is something most individuals encounter at some point in their lives. Staff and volunteers are available 24/7/365 to help individuals discover the skills and resources that they uniquely possess that allow them to develop solutions to maximize self-sufficiency.

Call 775-784-8090 or Text "ANSWER" to 839863

National Domestic Violence Hotline

The National Domestic Violence Hotline provides confidential, one-on-one support to each caller and chatter, offering crisis intervention, options for next steps and direct connection to sources for immediate safety. Our database holds over 5,000 agencies and resources in communities all across the country. Bilingual advocates are on hand to speak with callers, and our Language Line offers translations in 170+ different languages.

Call the 24/7 hotline at 1-800-799-SAFE (7233)

The National Alcohol and Substance Abuse Information

The National Alcoholism and Substance Abuse Information Center maintains a comprehensive database of the leading drug and alcohol treatment centers both internationally and in the United States for every level of treatment option from affordable to luxury. You can call, live chat or fill out the contact form to communicate with our staff, who are available 24/7 to answer any of your questions. The privacy of anyone contacting us is 100% guaranteed thanks to the federal Health Insurance Portability and Accountability Act and our own dedication to the confidentiality of any clients. They understand that substance abuse is a sensitive topic for many people.

Call toll-free at (800) 784-6776

or through the online form (www.addictioncareoptions.com) for a recommendation.

8. Arlington High School Mental Health Resources

The Intervention Coordinator/Social Worker offers and coordinates a range of support services at Arlington High School. In this role, Andrea Razi, LICSW, and Jessica Klau, LICSW, provides crisis intervention, individual and group counseling, as well as consultation and support services to students, families, and professionals in the Arlington High School Community. Students are referred due to concerns around anxiety, depression, substance abuse, and behavioral struggles, among others. Deans, teachers, nursing staff, students, parents and guidance counselors can identify students in need or at risk. Support groups around a range of issues including loss, anger, depression and anxiety are available. The Intervention Coordinator also makes referrals for clinical services in the community, and serves as a liaison to community agencies such as group homes, child welfare social workers, local mental health clinics and private therapists.

Andrea Razi, LICSW, 781-316-3651, arazi@arlington.k12.ma.us

Jessica Klau, LICSW, 781-316-3651, jklau@arlington.k12.ma.us

Visit the Social Emotional Resources page of the AHS website Guidance Department at <https://sites.google.com/a/arlington.k12.ma.us/ahsguidance/social---emotional-resources>

Talk / Connect / Effect
Reach out to the people you are worried
about and talk about depression

EMERGENCY

Do you feel hopeless or want to talk with someone right now??
Samaritans Statewide Helpline: (877) 870-4673 | Call 24/7, Text from 3PM – 11PM

SCHOOL HOURS

Do you want to talk with someone during school?
Call Andrea Razi, LICSW, and Jess Klau, LICSW at AHS
781-316-3651
email arazi@arlington.k12.ma.us, jklau@arlington.k12.ma.us

GUIDANCE

AHS: Go to the Guidance Office or call 781-316-3607
Ottoson: Go to the Guidance Office or call 781-316- 3744

SUBSTANCE ABUSE PREVENTION

Do you want to help youth in Arlington stay substance free and choose to live happy, healthy lives? Become involved in the Arlington Youth Health & Safety Coalition! Visit www.arlingtonma.gov/ayhsc or call 781-316-3179 for more information.

Brought to you by:



The Arlington Youth Health & Safety Coalition (AYHSC) is a community-based coalition whose mission is to engage, inform and empower the Arlington community to prevent and reduce substance abuse and other risk behaviors that adversely affect Arlington youth. AYHSC envisions the Town of Arlington as a safe and vibrant community where youth choose to live substance-free and are collectively supported by their peers, parents and community members in making healthy decisions. Employing a public health approach to prevention and intervention, AYHSC focuses on population-level change through education, environmental initiatives, policy development, and improving youth access to treatment. We are made up of parents, students, teachers, school personnel, law enforcement, town government, and other community members and meet monthly (typically the first Thursday of every month) to develop strategies to keep our middle school and high school students safe and substance-free. For more information, please visit our website at www.arlingtonma.gov/AYHSC.

*This Resource Guide was created in January 2016 by Rebecca Choi (Class of 2016),
as part of the Arlington High School Academic Internship Program.*